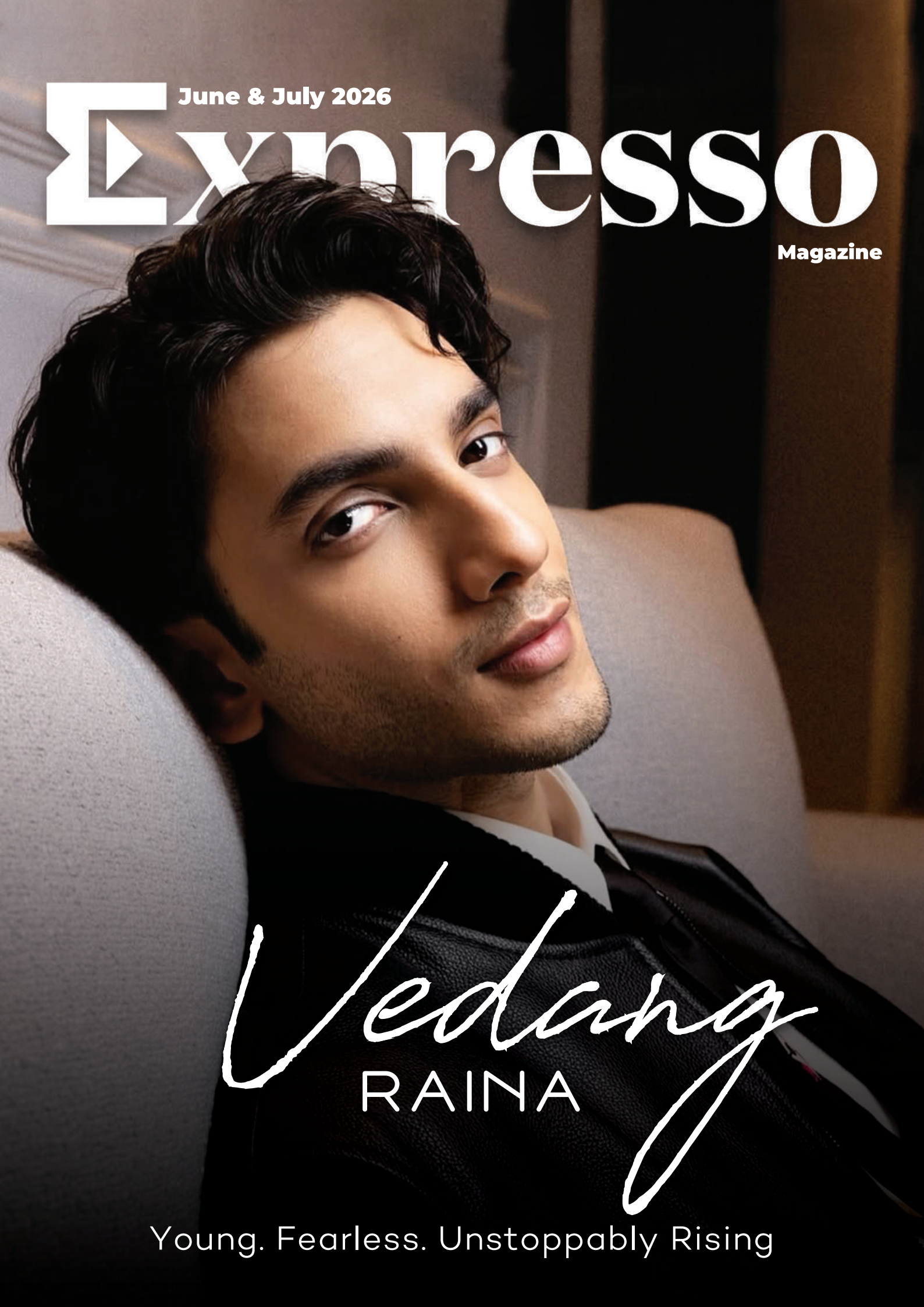




June & July 2026

Espresso

Magazine

Vedang
RAINA

Young. Fearless. Unstoppably Rising



CRISANTO
JEWELLERY BY BHARTI BANGUR

Editor

Rituparna Sengupta

Editing & Proof

Sharib Jamil

Art & Creative

Gourav Basu

Website & Social Media

Vidya sagar

SEO Specialist

Erum Zabi

Cover Story by

Srabanti Chakravarti

Contributor

Srabanti Chakravarti

Nilay Majumder

Roopa Sengupta

Dr. Blossom Kochhar

Ayan Mukherjee

Sayeri Roy

Vaishnavi Mishra

Sharib Jamel

Shayak Sanyal

For Advertising/ Alliances / Collaborations

Mr. Rahul Tyagi

Ph - 9212100179

Email - rahulhappeningsdelhi@gmail.com

Visit Our Page

@ @expressomagazine

expressomagazin1

expresso-magazine

Our Website

www.expressomagazine.com

**EDITOR'S
LETTER**



This issue of Expresso Magazine celebrates reinvention, discovery, and effortless style. As the season shifts, we bring you stories that inspire confidence and curiosity.

Our cover star this month is the talented Vedang Raina, whose journey reflects passion, perseverance, and the promise of a bright future. We also spotlight the latest from Satya Paul, where timeless craftsmanship meets contemporary design.

Summer flavours take centre stage in our curated menu, while our travel feature invites you to explore a destination beyond the usual path. We also bring you an exclusive conversation with Mona Singh, who shares insights into her evolving career and enduring passion for her craft.

As always, this issue is designed to inspire your wardrobe, your palate, your travels, and your perspective. We hope you enjoy these stories and find something that stays with you.

Thank you for being part of the Expresso Magazine family. Your support continues to inspire us.

Happy Reading!

CONTENTS

FASHION

- »» Satya Paul Unveils Untamed
- »» Where Craft Meets Fashion
- »» Wimbledon Fashion Edit
- »» The Modern Gentleman

BEAUTY

- »» Can Poor Sleep and Anxiety Accelerate Premature Ageing?

RUNWAY

- »» **Jatinga**: A Journey to India's Most Mysterious Village

COVER STORY

- »» Exclusive Interview with **Vedang Raina**

GRUB HUB

- »» The Art of Tiramisu
- »» The Luxe Dining Edit

INTERVIEW

- »» Exclusive Interview with **Mona Singh**

HEALTH & WELLNESS

- »» TFertility and Breast Cancer: Why Young Women Need These Conversations Before Treatment Begins

REVIEW

- »» Web Movie **Maa Behen**

ENCIRCLE

LOV # 1

CLASSIC



- The original bra with beautifully crafted Side-Shaper Panel
- **Cotton-Rich** fabric provides ultra comfort for all day long.
- Adorned with delicate scalloped elastic and a feminine centre bow
- Full coverage cups that contain busts.
- Wide wings that add to 24 x 7 firm support

www.lovableindia.in



@LovableIndia_



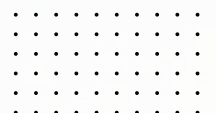
@lovableindia1


Bellissa®

Women's
**Luxury
Hand
bag**



AVAILABLE ON



Satya Paul Unveils Untamed

Indian fashion has long been celebrated for its rich heritage, craftsmanship, and artistic storytelling, and iconic label Satya Paul has once again proven why it remains one of the country's most influential design houses. Marking a bold new chapter in its creative journey, the brand recently unveiled a spectacular showcase at SXSW London, taking its signature world of print, fluid draping, and artistic expression to an international audience while simultaneously debuting Satya Paul Menswear on the global stage for the very first time.

Hosted at the historic Lancaster House, the presentation marked the brand's first international showcase under the creative direction of Aseem Kapoor and reflected an exciting evolution of the house as it expands its creative identity across both womenswear and menswear. Fashion, art, live music, and movement came together in an immersive cultural experience that beautifully captured Satya Paul's long-standing philosophy of creative freedom and fearless self-expression.

Titled Untamed, the showcase served as a powerful reflection of the brand's artistic universe, one rooted in individuality, instinctive design, and a celebration of freedom through fashion. Fluid drapes, striking prints, and sculptural silhouettes transformed the space into a living canvas where heritage seamlessly met contemporary expres-

sion.

At the centre of the presentation remained the silhouette that has defined Satya Paul for decades, the saree. Reimagined through layered construction, fluid movement, and sculptural draping, the collection drew inspiration from nature, forgotten histories, and ancient sculptural forms found across the Indian subcontinent. The result was a series of striking looks where vibrant prints and evolving silhouettes moved effortlessly with the body, celebrating confidence, individuality, and modern femininity.

The showcase also reaffirmed Satya Paul's legacy as one of India's most celebrated pioneers of print-led fashion. Under Aseem Kapoor's renewed creative vision, archival motifs were reinterpreted through a fresh contemporary lens, featuring signature zebra prints, expressive bird illustrations, graphic dot-and-stripe patterns, vivid colour stories, and statement separates that felt bold, artistic, and distinctly future-forward. A defining moment of the showcase was the international debut of Satya Paul Menswear, marking an exciting expansion of the brand's design universe. Created for the modern man who embraces individuality and self-expression, the collection introduced contemporary silhouettes infused with bold print narratives such as Traveller and Collector, stories inspired by exploration, memory, and personal identity. From



coordinated separates to statement outerwear and occasion wear, the menswear line brought a fresh, youthful energy to the iconic house.

Actor Danish Pandor walked the showcase, perfectly embodying the confidence, creativity, and modern perspective that defines the evolving Satya Paul identity. His presence reflected the brand's move toward a younger, more contemporary design language while staying true to its artistic roots.

Adding another dimension to the evening was a specially commissioned live performance by acclaimed composer and percussionist Sarathy Korwar alongside British Tamil movement artist Hashna Siva. Their collaborative performance seamlessly fused Indian percussion, classical Bharatanatyam, and contemporary movement, creating a powerful dialogue between sound, rhythm, and visual storytelling.

For Satya Paul, London represented more than simply an international showcase, it symbolised a larger statement about the future of Indian fashion on the world stage. Positioned at the intersection of heritage, art, and innovation, the presentation reinforced the idea that Indian design can remain deeply rooted in culture while confidently participating in global creative conversations.

With this landmark showcase, Satya Paul not only celebrated its enduring legacy but also unveiled an exciting new future, one where Indian craftsmanship, artistic storytelling, and contemporary design continue to command attention far beyond borders.



Where Craft Meets Fashion

The National Crafts Museum & Hastkala Academy, in collaboration with the Fashion Design Council of India, inaugurated Ajrakh: The Blue Gold, at the Innovation Gallery, Textile Gallery II, to commemorate International Museum Day 2026. The exhibition celebrated the rich legacy of Ajrakh, one of India's most revered textile traditions, while exploring its continued relevance in contemporary fashion and artistic expression. The exhibition was inaugurated by Amrit Raj, Development Commissioner (Handicrafts), Ministry of Textiles, and M. Beena, Development

Commissioner (Handlooms), Ministry of Textiles, Government of India. Curated by Sunil Sethi along with the FDCI team, the exhibition explored Ajrakh as a living textile tradition, tracing its journey from the craft clusters of Kutch to its evolving place within modern design and fashion.

The showcase highlighted Ajrakh's remarkable journey through multiple artistic interpretations, presenting both its traditional craftsmanship and its contemporary reinvention. Contemporary textile artist Shelly Jyoti brought a modern and experimental perspective through an extensive body of work on Khadi, while master craftsman Khalid Amin Khatri presented a finely crafted modal silk ensemble that reflected the discipline and authenticity of traditional Ajrakh craftsmanship. Several leading FDCI designers also presented their interpretations of the heritage craft. Anju Modi showcased Ajrakh applied on linen silhouettes, while Rajesh Pratap Singh reimagined the craft through elegant Ajrakh sarees created on Kota textile. Designers Divya Sheth and Sonia Jetleey further demonstrated how the textile tradition could seamlessly translate into contemporary wearable fashion.

Speaking at the inauguration, Amrit Raj highlighted the importance of museums in preserving cultural heritage and fostering dialogue between traditional craftsmanship and modern creative practices. She emphasized that Ajrakh represented a living craft tradition rooted in sustainable processes,



Smt. Amrit Raj, Dr. M. Beena, Sunil Sethi



Anju Modi (Designer), Sonia Jetleey (Designer) and Pranav Rajeev Jyoti (son of Shelly Jyoti, Textile expert) being facilitated by FDCI Board members and Rakesh Thakore.

extraordinary craftsmanship, and generations of artisanal knowledge, while acknowledging the efforts of artisans and designers who continue to reinterpret the textile tradition for future generations.

Sunil Sethi also reflected on Ajrakh's enduring significance, describing it as a textile craft admired for its precision, layered process, and timeless beauty. He noted that despite being sustained by a limited number of master artisans and weavers, Ajrakh continued to inspire many FDCI designers who thoughtfully incorporated the textile tradition into contemporary collections. As part of an ongoing FDCI initiative, the Innovation Gallery was envisioned as a dynamic space for rotating exhibitions aimed at building meaningful connections between India's traditional crafts and forward-thinking artistic expression.



Wimbledon Fashion Edit

As the iconic Wimbledon Championships returns for another season of world-class tennis, its influence stretches far beyond Centre Court. Synonymous with crisp whites, cream blazers, garden-party glamour, and understated sophistication, Wimbledon has long shaped summer fashion conversations around the world. This year, that timeless aesthetic is finding a fresh expression through a new wave of homegrown Indian fashion labels that effortlessly blend elegance, versatility, and modern craftsmanship.

Leading this style narrative is Ranna Gill, a label celebrated for its luxury prêt collections, signature prints, and artisanal detailing. Known for reinterpreting Indian craftsmanship through a contemporary lens, the brand offers pieces that seamlessly transition from resort wear to elegant evening dressing. Its refined silhouettes and polished aesthetic feel perfectly aligned with the effortless sophistication that defines Wimbledon season.

Adding a more innovative dimension to occasion wear is Ozeqo, a brand redefining modern dressing through made-to-measure gowns, coordinated sets, and Indo-western ensembles designed with detachable and modular elements. Crafted entirely in India and produced exclusively on a made-to-order basis, Ozeqo merges sustainability with versatility, allowing wearers to create multiple looks from a single silhouette while minimizing fashion waste.

Bringing a youthful energy to the edit is House of Fett, known for its vibrant palette, intricate embellishments, and playful approach to luxury dressing. Designed for women who embrace femininity with confidence, the brand's statement pieces are as suited for glamorous summer soirées as they are for capturing picture-perfect moments, perfectly echoing a season where sport and spectacle often go hand in hand.

Completing the lineup is Spacelines, offering a quieter and more conscious take on seasonal dressing. Built around minimal silhouettes, comfort-driven tailoring, and sustainable fabric choices, the label champions effortless style rooted in simplicity. Its philosophy of freedom through fashion makes it an ideal choice for the kind of relaxed yet polished dressing that defines summer's endless calendar of outdoor gatherings and daytime events.

Together, these labels highlight a larger shift in contemporary fashion, one where seasonal style is becoming less about fleeting trends and more about investing in timeless pieces that balance elegance with ease. From tailored gowns and occasion wear to linen separates and understated wardrobe staples, tennis-inspired fashion has never felt more accessible or versatile.

Whether one is watching the matches courtside, attending a summer brunch, or simply embracing the spirit of the championship season from afar, these brands offer wardrobe choices that feel both effortless and intentional. As rallies unfold and the signature Wimbledon whites remain timeless, one thing is certain — Wimbledon's influence on fashion is far more than a passing trend. Much like the tournament itself, its legacy in style continues to endure season after season.



This festival season spread
Joy through

*Graceful
Gifting Ideas...*



www.fns.co.in



Available on :



• CUTLERY • DINNERWARE • BARWARE • STONEWARE

FNS INTERNATIONAL PVT. LTD.

313, 3rd Floor, ITL Twin Tower, B-09, Netaji Subhash Place,
Pitampura, New Delhi - 110034

Ph : +91-11-47098686 | E-Mail : info@fns.co.in | Website : www.fns.co.in

The Modern Gentleman

Style has evolved into one of the strongest forms of self-expression, and for the modern man, a thoughtfully curated wardrobe extends far beyond clothing alone. Today, fashion is about creating a lifestyle that blends sophistication, functionality, grooming, and everyday essentials that seamlessly fit into both professional and personal spaces. From smart accessories and luxury timepieces to premium grooming solutions and versatile everyday fashion, modern men are investing in products that bring together style, comfort, and practicality.

Smart Charging Diary

For professionals constantly balancing work and travel, the Smart Charging Diary is redefining everyday productivity by merging technology with classic design. Crafted as a premium tan leather-bound A5 diary, this innovative essential features Qi wireless charging, a 10,000 mAh built-in battery, a USB-A output port, and 200 ruled pages, allowing users to charge smartphones simply by placing them on the cover. Designed for seamless multitasking, it transforms a traditional office accessory into a modern work essential.

Price: ₹2,699



Leather Laptop Sleeve

Minimalism continues to dominate professional style, making the Lexor Ultra Slim Leather Laptop Sleeve a refined accessory for men who appreciate understated sophistication. Designed to fit laptops up to 15 inches or a 12.9-inch tablet, the sleek 2.5 cm slim profile offers portability without sacrificing protection. Crafted from GRS-certified recycled leather, it perfectly combines sustainability with premium craftsmanship, making it ideal for office commutes, business meetings, and frequent travel.

Price: ₹5,599

Black Musk Pre-Kitted Box

No modern wardrobe feels complete without signature grooming essentials, and the Black Musk Pre-Kitted Box delivers a luxurious fragrance experience designed to leave a lasting impression. Featuring an indulgent combination of Black Musk Night Bloom Fragrance Mist and Black Musk Shower Gel, the set is infused with notes of pineapple, heliotrope, pink pepper, ylang-ylang, vanilla, amber, and cruelty-free musk. Bold, sensual, and sophisticated, the duo offers a rich fragrance ritual designed for men who appreciate statement self-care.

Price: ₹4,095



Maca Root & Aloe Pre-Kitted Set

Taking everyday grooming a step further, the Maca Root & Aloe Pre-Kitted Set transforms shaving into a premium skincare ritual. Infused with Community Fair Trade organic aloe vera from Mexico and Peruvian maca root, the duo includes a Softening Shaving Cream and Cooling Post-Shave Water Gel, designed to soothe, hydrate, and reduce irritation after shaving. Perfect for men prioritizing skincare alongside grooming, the set delivers comfort while protecting the skin barrier.

Price: ₹3,995



Versace V-Eternal VEKA00822

Accessories remain central to personal style, and few make a statement like the Versace V-Eternal VEKA00822 luxury timepiece. Designed with the brand's signature detailing and a refined aesthetic, the watch effortlessly adds sophistication and confidence to both formal and evening wear. Timeless and elegant, it remains the perfect finishing touch for men who appreciate classic luxury.

Price: ₹50,039

Beard Butter – Oil & Balm Combined

Beard care has become an essential part of men's grooming routines, and Beard Butter – Oil & Balm Combined offers an all-in-one solution for maintaining healthy facial hair. Enriched with Shea Butter, Jojoba Oil, Hemp Seed Oil, Bourbon Oil, and Rosemary Oil, the formula combines the benefits of beard oil and balm, helping soften the beard, reduce irritation, and deliver long-lasting nourishment without leaving behind a greasy texture. Suitable for every beard type, it simplifies everyday grooming effortlessly.

Price - 649/-



MAX Men Colourblocked Sneakers

For casual everyday style, footwear remains the foundation of comfort and versatility, and the MAX Men Colourblocked Sneakers deliver exactly that. Designed for repeat wear, these sneakers strike the perfect balance between practicality and effortless style, making them a dependable addition to any modern wardrobe. Whether paired with denim, athleisure, or casual office wear, they offer everyday functionality without compromising on style.

Price: ₹1,099



Ikonc Professional Neo Hair Trimmer

Completing the grooming lineup is the Ikonc Professional Neo Hair Trimmer, designed to bring salon-quality precision into everyday home grooming. Equipped with cordless flexibility, a powerful rechargeable DC motor, LED display, low-noise functionality, and interchangeable colour cases, the trimmer is ideal for maintaining stubble, shaping short beards, and detailed trimming with ease. Stylish yet highly practical, it is designed for men who prefer effortless grooming while always looking polished.

Price: ₹3,900

The modern man's wardrobe today is no longer limited to fashion alone. It is an ecosystem of smart accessories, premium grooming, luxury essentials, and versatile lifestyle products that together create a seamless balance between style and functionality. From what he wears to how he works, grooms, and presents himself, every detail now plays a role in defining contemporary masculinity, proving that true style lies in the art of thoughtful living.

 SWITCH to

Veg KERATIN

for fabulous hair

#SWITCHtoVegKERATIN

BY INCREDIBLE NATURE
atulya



100% NATURAL ACTIVES

**KERATIN &
WHEAT PROTEIN**

Range



SHOP ONLINE myatulya.com

ALSO AVAILABLE AT amazon.in [NYKAA](https://nykaa.com) [Flipkart](https://flipkart.com) [purple](https://purple.com)



FOR ATTRACTIVE OF
OFFERS & MORE

Can Poor Sleep and Anxiety Accelerate Premature Ageing?

By **Dr. Aisshwarya Panddit**, Celebrity Cosmetic Doctor and Founder,
AuraEdge Aesthetic & Wellness

Premature ageing refers to visible signs of ageing appearing earlier than expected, even in young individuals. These signs may include fine lines, pigmentation, dull or tired-looking skin, dark circles, puffiness, reduced skin elasticity, hair fall, premature greying, and persistent fatigue. While ageing is a natural process, the rate at which these changes appear is often influenced by factors such as lifestyle habits, sleep quality, stress, hormonal balance, diet, and emotional well-being.

In recent years, a growing number of young people have started experiencing these early signs of ageing, largely due to modern lifestyle patterns. Long working hours, excessive screen exposure, late-night scrolling, irregular sleep schedules, high caffeine consumption, unhealthy eating habits, workplace pressure, and stress driven by social media culture place continuous strain on the body. Over time, this chronic stress begins to reflect externally through the skin, hair, and overall appearance.

Why Sleep Is Crucial for Skin Health

Sleep plays a vital role in the body's natural repair and recovery process. During deep sleep, the body focuses on repairing cells, restoring tissues, balancing hormones, and regenerating the skin. It is also during this phase that collagen production increases. Collagen is the protein responsible for maintaining skin firmness, elasticity, and youthful texture.

Apart from skin repair, quality sleep supports stress regulation, memory function, emotional balance, and physical recovery. When sleep becomes insufficient or repeatedly disturbed, these healing processes slow down significantly.

One of the earliest signs of poor sleep usually appears on the face. Dark circles, puffiness around the eyes, dry skin, dullness, and early fine lines are common symptoms of sleep deprivation. The under-eye area is particularly vulnerable because the skin there is thinner and more delicate. Chronic lack of sleep may also contribute to hair fall, fatigue, and delayed skin healing.

This is precisely why the phrase "beauty sleep" holds scientific relevance. Studies have shown that inadequate sleep can weaken the skin barrier, accelerate visible signs of ageing, and even reduce

confidence regarding personal appearance. No matter how advanced a skincare routine may be, the skin cannot fully recover without proper rest.

The Impact of Stress and Anxiety on Ageing

Poor sleep alone is not the only factor. Chronic stress and anxiety can further accelerate premature ageing.

When the body experiences stress, it releases cortisol, commonly known as the stress hormone. Constantly elevated cortisol levels can damage collagen and elastin fibers, increase inflammation, weaken the skin barrier, and reduce the skin's ability to repair itself naturally.

As the skin barrier weakens, the skin becomes more sensitive, dry, irritated, and acne-prone. Existing skin conditions such as eczema, rosacea, and acne may also worsen under stress.

However, the effects of anxiety go beyond the skin. Chronic stress may contribute to premature greying of hair, increased hair fall, brain fog, mood changes, poor concentration, memory problems, and persistent exhaustion. The body essentially remains in a prolonged state of fatigue, affecting both physical and emotional health.



Stress-induced habits can also worsen visible ageing. Late nights, skipping meals, excessive caffeine intake, dehydration, constant face-touching, jaw clenching, and neglecting skincare during stressful periods all contribute to tired and unhealthy-looking skin.

Ageing Happens Internally Too

Premature ageing is not just a cosmetic concern. It also affects the body internally. Poor sleep and chronic stress can influence immunity, digestion, metabolism, hormonal balance, cardiovascular health, and even cellular ageing.

When the body remains under constant emotional or physical strain, its ability to repair and protect itself becomes weaker over time.

Some of the most common signs of accelerated ageing include persistent fatigue, dull or uneven skin tone, fine lines and wrinkles, dryness, pigmentation, hair fall, premature greying, acne breakouts, irritability, mood swings, poor concentration, brain fog, weakened immunity, and slower recovery from illness, stress, or fatigue. The skin often acts as a reflection of what is happening internally within the body.

Can Cosmetic Treatments Alone Help?

Modern aesthetic medicine offers treatments such as laser therapy, injectables, skin boosters, and regenerative procedures that may improve hydration, stimulate collagen production, and restore skin texture.

However, experts believe that long-term skin longevity cannot depend only on clinical treatments. Cosmetic procedures may temporarily improve appearance, but sustainable results require healthy daily habits and internal balance.

Lifestyle Changes That Can Slow Premature Ageing

Preventing premature ageing often begins with simple yet consistent lifestyle changes. Getting seven to eight hours of quality sleep each night is one of the most effective ways to support healthy skin and

overall wellness.

Other helpful habits that can support healthier skin and slow premature ageing include reducing screen time before bed, avoiding late-night phone usage, limiting excessive caffeine intake, staying properly hydrated, eating balanced and nutrient-rich meals, exercising regularly, practicing meditation or deep breathing exercises, and taking short mental wellness breaks throughout the day.

Simple DIY Remedies for Tired and Stressed Skin

Along with healthy lifestyle practices, certain simple DIY remedies may help soothe stressed skin naturally.

Chilled Green Tea Bags for Puffy Eyes

Green tea contains antioxidants and caffeine that may help reduce puffiness and refresh tired-looking eyes. Refrigerate used green tea bags for a few minutes and place them over closed eyes for 10 minutes.

Aloe Vera Gel for Skin Repair

Fresh aloe vera gel can help calm irritated or dehydrated skin. Applying a thin layer before bedtime may support hydration and soothe inflammation.

Honey and Yogurt Face Mask

Mix one teaspoon of honey with one tablespoon of yogurt and apply it to the skin for 10–15 minutes. This simple mask may help improve hydration and temporarily restore glow to dull skin.

Cucumber for Skin Fatigue

Chilled cucumber slices can provide a cooling and refreshing effect, especially around the eyes, helping reduce puffiness and tiredness.

Warm Herbal Drinks Before Bed

Chamomile tea, turmeric milk, or warm herbal teas before sleep may help relax the body and improve sleep quality naturally.

When the skin feels irritated or stressed, it is best to avoid over-exfoliation or experimenting with too many active ingredients. A simple routine focused on barrier repair is often more effective.

A gentle cleanser, hydrating serum, moisturizer, and sunscreen are usually sufficient to maintain skin health. At night, restorative ingredients may help support the skin's recovery process while sleeping.

The connection between the mind, body, and skin is stronger than ever in today's fast-paced world. True skin health begins internally, through proper rest, stress management, hydration, nourishment, and self-care. Because ultimately, the skin reflects not only what we apply on it, but also how we live and care for ourselves from within.





Jatinga : A Journey to India's Most Mysterious Village

By Anurati Bhattacharya

There are places you travel to for sights, and then there are places you travel to for stories. Jatinga, a quiet village nestled in Assam's Dima Hasao district, is one such place where stories float in the mist, where the hush of bamboo groves carries whispers of an unsolved natural mystery, and where time slows down to the rhythm of chirping cicadas and distant bird calls.

Globally known for the enigmatic phenomenon of birds "falling from the sky," Jatinga has long intrigued ornithologists and travelers alike. But to reduce Jatinga to this single narrative would be a disservice to its layered character—a place of rolling pine hills, welcoming communities, and the raw beauty that defines Northeast India.

The Enigma in the Mist: The Bird Phenomenon

Each year, from September to November, on moonless, misty nights, migratory and local birds descend toward the lights of Jatinga between 6 pm and 9:30 pm, often crashing into homes and trees, leading to their deaths. For decades, villagers viewed this as a supernatural occurrence, woven into folklore as a bad omen or a call from the spirits.

However, research suggests this phenomenon is linked to disorientation caused by high-altitude fog, high-velocity winds, and artificial village lights, leading the birds to lose their natural navigation. Yet, the spectacle remains as haunting as it is intriguing, transforming Jatinga into a unique site on the global map for those drawn to nature's unexplained wonders.

Beyond the Mystery: A Canvas of Natural Beauty

Set at an altitude of 600 meters, Jatinga sits on a ridge surrounded by undulating hills blanketed in pine and bamboo. The village wakes up to veils of mist rolling over emerald slopes, birdsong echoing in the crisp air, and the distant aroma of wood smoke rising from the hearths of village kitchens.

For the traveler seeking a deeper connection with nature, Jatinga's mornings are for unhurried walks along winding trails where you might catch a glimpse of the hill partridge, green pigeon, or the elusive Indian pitta. Evenings descend quietly, the sky a gradient of purples and pinks before the mists return to reclaim the village, draping it in a soft, melancholic beauty.

Immersing in Local Life

Home to Dimasa and Zeme Naga tribes, Jatinga's heartbeat lies in its people, who carry their traditions and folklore with quiet dignity. Spend a day with a local family and you will find yourself sipping black

tea while learning about handloom weaving, understanding bamboo craft, or sampling traditional meals of rice, local greens, and bamboo shoot chutneys cooked on open fires.

If your visit aligns with the local market day, it is a chance to witness the social fabric of Jatinga: farmers arrive with baskets of chillies, forest herbs, and freshly harvested vegetables, while women draped in traditional mekhela-chadors catch up on weekly gossip amidst bargaining over dried fish.

What to See and Do in Jatinga

Attend the Bird Watching Festival:

Held every October, the festival combines guided birdwatching walks, conservation talks, and cultural showcases, offering a sensitive and educational perspective on the bird phenomenon.

Trekking and Nature Walks:

Explore Jatinga's lush trails or take a day trek to Haflong Hill (approx. 9 km), where panoramic views of the Dima Hasao hills await, draped in mist and soft breezes.

Haflong Lake:

Located around 20 km away, Haflong Lake is a picturesque spot for reflective moments, bird photography, or simply to enjoy the serenity of the Northeast.

Visit Local Tea Gardens:

While Assam is synonymous with tea, the smaller tea gardens around Jatinga offer a rustic and intimate experience of understanding how leaves transform into your morning brew.

Stargazing Nights:

Once the mists clear and the village lights are dimmed, the skies above Jatinga turn into a blanket



of stars, perfect for those seeking moments of quiet reflection.

Best Time to Visit

The bird phenomenon occurs from September to November, drawing researchers and bird enthusiasts globally. However, for travelers seeking tranquility and clear skies, December to March offers pleasant weather with opportunities for unhindered trekking and exploration.

How to Reach Jatinga

By Air: The nearest airport is Silchar (approx. 100 km), connected to Guwahati and Kolkata.

By Train: New Haflong Railway Station (approx. 9 km) connects Jatinga with Guwahati and other major cities.

By Road: Jatinga is accessible by shared taxis and local buses from Haflong, the district headquarters.

Where to Stay

Accommodation in Jatinga is modest yet comfortable, with a few homestays offering an authentic local experience. For those seeking slightly more amenities, Haflong town offers guesthouses and mid-range hotels.

Why Jatinga Should Be on Your Travel Map

Jatinga is not a destination for the hurried traveler. It is for those who find poetry in mist-covered mornings, who are fascinated by nature's mysteries, and who value deep, mindful travel over ticking boxes. It is a place where you witness stories—of falling birds, of resilient communities, and of nature's quiet power—unfolding before your eyes.

As you leave Jatinga, you carry with you not just memories of its serene beauty but also a reminder of how much there is in this world that remains to be understood, preserved, and cherished.



SALWAR
KAMEEZ
BRA
Labella



Lovable

DAISY DEE™
AIRY LIGHTLY LOVELY



Features

- Crafted from soft cotton fabric that allows your skin to breathe
- No seams, no stitches and no crease on the cups
- Double lined seamless cups provide smooth finish to your sensuous curves
- Uniquely styled to give perfect fit, added comfort and full coverage to the bust

Colors: White, Black, Skin, Dark Maroon, Carrot, F. Pink, L. Wine, E. Pink

Sizes: 30B, 32B, 34B, 36B, 38B, 40B, 32C, 34C, 36C, 38C, 40C

www.lovableindia.in



daisydeeindia



DaisyDeeByLovable

COVER STORY

Vedang Raina

Every Character I Play Teaches
Me Something New

By Srabanti Chakrabarti

Breaking into Bollywood is one thing, but winning over both audiences and critics with your very first film is an entirely different achievement, and Vedang Raina has managed to do just that with remarkable ease. In a short span of time, the young actor has steadily carved a space for himself among Hindi cinema's most promising new talents, proving that he is far more than just another fresh face. From making a confident debut in *The Archies* to showcasing his acting depth in *Jigra*, and now stepping into a layered romantic role in Imtiaz Ali's *Main Vaapas Aaunga*, Vedang's journey reflects both versatility and quiet determination. Having already collaborated with acclaimed filmmakers like Zoya Akhtar, Vasan Bala and now Imtiaz Ali, the actor is clearly building an enviable body of work early in his career. Add to that his musical talent and effortless screen presence, and it is evident that Vedang is emerging as one of the industry's most exciting young stars. Fresh off the release of *Main Vaapas Aaunga*, we caught up with the actor for a candid conversation about romance on screen, lending his voice to A.R. Rahman's music, navigating the pressures of being a young actor in today's industry, and the road that lies ahead. Edited excerpts:

After The Archies, Main Vaapas Aaunga is another period film for you. What was your first meeting with the genius Imtiaz Ali like?

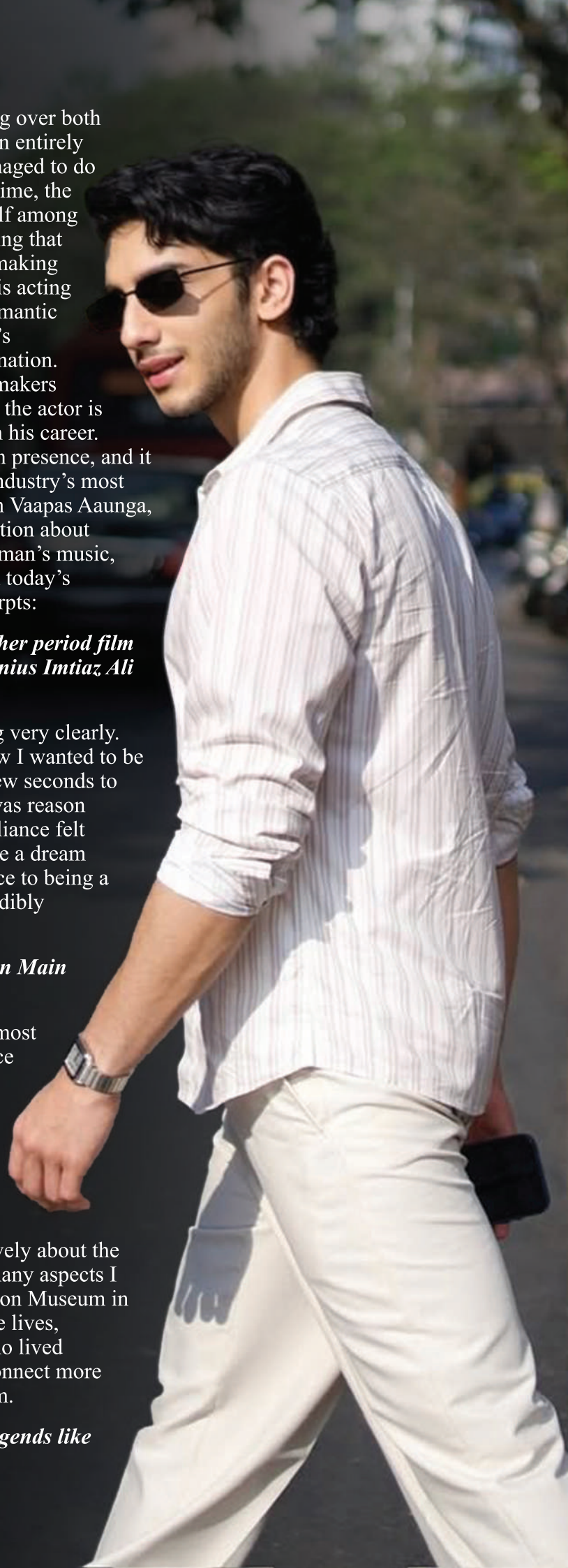
Vedang Raina : I still remember that first meeting very clearly. The moment I heard the narration, I instantly knew I wanted to be a part of this film. Honestly, it barely took me a few seconds to say yes. The fact that Imtiaz Sir was directing it was reason enough for me. Working with someone of his brilliance felt surreal, and getting this opportunity truly feels like a dream come true. I just hope I have been able to do justice to being a part of one of his films, and I genuinely feel incredibly fortunate to have had this experience.

How did you prepare for your character Keenu in Main Vaapas Aaunga?

Vedang Raina : I would say Keenu has been the most challenging character I have portrayed so far. Since the story is set against the backdrop of the 1947 Partition, it pushed me to step completely out of my comfort zone as an actor. I believe every film comes with its own set of challenges, and no shoot is ever truly easy. In this film, Partition itself feels like one of the central characters, so I spent a lot of time understanding that period in depth. I read extensively about the history surrounding Partition and discovered so many aspects I wasn't aware of before. We also visited the Partition Museum in Amritsar, where we spent hours learning about the lives, struggles and emotional experiences of people who lived through that era. That entire process helped me connect more deeply with the character and the world of the film.

How was the experience of working alongside legends like Naseeruddin Shah and Diljit Dosanjh?

Vedang Raina : Unfortunately, I didn't get the



opportunity to share any scenes with either of them. But whenever I had the chance, I would often go to the set just to watch them perform from a distance and observe their craft. I have always admired Diljit as an artiste, not just for his music but also for the kind of performer he is. I remember watching Uda Punjab and being really impressed by his acting, but Chamkila completely blew me away. It was such a phenomenal performance. I genuinely hope that someday I get the opportunity to collaborate with him and maybe even jam together.

Main Vaapas Aaunga marks your first time playing a romantic character on screen. What is your personal take on love?

Vedang Raina : I have always enjoyed watching romantic films, and it's a genre I naturally connect with the most. As an actor, I would love to explore more romantic characters in the future because I genuinely enjoy stories driven by emotion and relationships. A lot of people believe Gen Z looks at love differently today, but personally, I feel love is something timeless. No matter which generation you belong to, it remains a universal language that everyone understands and connects with in their own way.

Main Vaapas Aaunga gave you the unique opportunity to portray a Sardar on screen. How much discipline and dedication did the role demand from you?

Vedang Raina : This role required me to undergo a complete transformation, both physically and mentally, so that I could truly step into the character and feel comfortable in that space. Wearing the pagri and portraying a character with such a distinct identity was an incredibly special experience for me. At the same time, I understood that it came with a great sense of responsibility, and I wanted to approach it with utmost sincerity and respect. It was a memorable journey, and I genuinely hope audiences connect with the character and appreciate the effort that went

into bringing it alive on screen.

How would you describe your equation with your co-star Sharvari in Main Vaapas Aaunga?

Vedang Raina : I share a really warm equation with Sharvari, and over the course of shooting this film, we developed a strong friendship. It was genuinely a wonderful experience working alongside her. What I have especially noticed is that when it comes to our craft, we are quite similar in many ways, both of us are extremely focused, driven, and approach our work with a very similar mindset. I think that mutual understanding made our collaboration even more comfortable and enjoyable on set.

Apart from acting, you are also an incredibly talented singer. Do you think that adds another dimension to your persona as an artiste?

Vedang Raina : Honestly, I have never really looked at it that way. For me, music has always been something deeply personal, and it is a passion I feel strongly connected to. After Jigra, I once again got the opportunity to lend my voice to a song in my film, and this time it became even more special because I had the chance to sing under the musical direction of the legendary A.R. Rahman. I honestly could not have asked for more. Seeing my name associated with Rahman Sir is a moment I know I will treasure forever. At the same time, one of my biggest dreams is to eventually release a solo album of my own someday.

From your very first film to now, both critics and the industry have been extremely appreciative of your work. How competitive are you as an actor?

Vedang Raina : I have never really looked at my journey through the lens of competition, especially because I am still only three films old and feel there



is a very long road ahead for me. I am definitely not someone who feels content easily, because as an actor there will always be pressure to deliver strong performances and be a part of good films. For me, the real goal is to choose characters and stories that leave a lasting impact on people in some way. That is what truly drives me as an artiste. I also have immense respect and admiration for my peers, and I genuinely want to see everyone do well because I believe every actor is on their own unique journey.

People close to you often say that you are quite shy in real life. How do you manage to step out of that zone once you face the camera?

Vedang Raina : Yes, that is absolutely true. I have always been a naturally shy person and tend to be quite introverted in my personal life. But something changes the moment I step in front of the camera, I instantly feel a sense of confidence and excitement that allows me to completely immerse myself in the character I am playing. For me, acting has never been just a profession; it is something deeply emotional and incredibly special, which is why I connect with it on a very personal level.



The Art of Tiramisu

Few desserts command universal love quite like tiramisu — a timeless Italian indulgence where velvety cream meets espresso-soaked layers in perfect harmony. Elegant yet deeply comforting, it is the kind of dessert that feels both luxurious and nostalgic with every bite.

But what makes tiramisu truly special is its ability to evolve. Beneath its classic layers lies a canvas for creativity, inviting new flavours, textures and ingredients to reimagine the beloved favourite in exciting ways.

In this collection, the classic dessert takes on three distinctive personalities. The Walnut Chocolate Tiramisu leans into deep, decadent flavours, the Walnut & Clementine Tiramisu offers a bright citrusy lift, and the Raspberry Tiramisu brings a playful burst of berry sweetness. Bringing them all together is the rich texture and natural crunch of California walnuts, adding warmth, depth and a delightful contrast to every creamy layer. Each version proves that while tiramisu may be classic, it can still surprise us in the most delicious ways.

Recipes Curated By Sabyasachi Gorai





Raspberry and California Walnut Tiramisu

Ingredients

► 200g mascarpone cheese, 2 eggs, 60g sugar, 1 small cup of coffee, 2 tablespoons of cocoa powder, 70g cake, 75g of chopped California walnuts, 4/2 California walnuts items to decorate, 150g raspberries

Preparations:

► Crack the eggs and carefully separate the yolks from the whites. Using an electric mixer, whisk the egg yolks with the sugar until the mixture becomes light and foamy. Add the mascarpone and gently fold it in with a wooden spatula until smooth and well combined. Stir in the chopped walnuts and mix until evenly incorporated into the cream. Blend the raspberries into a smooth puree. Slice the cake, and lightly dip the biscuits in coffee, ensuring they are soaked but not overly soft or crumbly. Assemble the dessert by layering the soaked biscuits, raspberry puree, and mascarpone cream in serving cups. Lightly dust each cream layer with cocoa powder using a fine mesh strainer. Finish with a final layer of mascarpone cream. Dust with cocoa powder, garnish with a fresh raspberry and a walnut half, and refrigerate for about two hours before serving.



California Walnut Chocolate Tiramisu

Ingredients

► For the sponge cake: 60g California walnuts, 3 eggs (medium), 60g sugar, 1 packet vanilla sugar, 2 tablespoons hot water, 50g flour, 2 teaspoons baking cocoa powder, 1 teaspoon baking powder

► For the cream: 80g California walnuts, 150g white chocolate, 250g mascarpone, 50g semi-skimmed milk, 2 tablespoons amaretto (or rum), 30g mocha chocolate, 1 teaspoon grated organic orange zest, 2 tablespoons coffee liqueur, Cocoa powder for dusting

Preparations:

► For the sponge cake: Finely grind the walnuts. In a bowl, beat the eggs with sugar, vanilla sugar and water until the mixture becomes light and frothy. Combine the flour, cocoa powder and baking powder. Sift this mixture over the beaten eggs, add the ground walnuts and gently fold everything together. Line a baking tray with parchment paper and place a baking frame on it. Pour the batter onto the tray, smooth the surface evenly and bake in a preheated oven at 180°C for 10–12 minutes. Allow the sponge to cool completely.

► For the cream: Roughly chop the walnuts and lightly toast them in a pan. Transfer to a plate and let them cool. Break the chocolate into small pieces and melt it in a bowl over a double boiler. Allow it to cool slightly. In another bowl, whisk the mascarpone with milk and amaretto until smooth, then gradually mix in the melted chocolate. Finely chop the mocha chocolate and fold it into the cream along with two-thirds of the toasted walnuts and the orange zest. Lightly drizzle the sponge cake with coffee liqueur, then slice it horizontally into two equal layers. Place one sponge layer at the base of a baking dish and spread about half of the cream evenly over it. Add the second sponge layer on top and cover with the remaining cream. Sprinkle the remaining walnuts over the surface and refrigerate the tiramisu for about two hours to set. Just before serving, lightly dust the top with cocoa powder.



Clementine California Walnut Tiramisu

Ingredients

► For the caramelized clementines: 100g caster sugar, 6 clementines, peeled and each sliced into 3 (445g peeled weight), 25g California walnuts

► For the tiramisu: 1 tablespoon coffee granules, 8 trifle sponges, 200g mascarpone, 200g double cream, 100g natural yogurt, 100g caster sugar, 75g marsala wine, 100g California walnuts, roughly chopped

Preparations:

► To prepare the caramelised clementines, add the sugar and 150g water to a medium saucepan and heat gently until the sugar dissolves completely. Bring the mixture to a boil and let it simmer for 4–5 minutes until it turns a light caramel colour. Remove from the heat and carefully add 100g boiling water. Place the clementine slices and walnuts in a shallow bowl, pour the caramel sauce over them, and leave aside to cool. In the meantime, dissolve the coffee in 200g boiling water and allow it to cool. Lightly dip the trifle sponges in the coffee and arrange them at the base of 6–8 small tumbler glasses or serving dishes. In a large bowl, whisk together the mascarpone, cream, yogurt and sugar until the mixture thickens. Add the marsala and whisk briefly, then fold in the walnuts. Spoon the cream mixture over the sponge base and refrigerate to chill. Just before serving, top each portion with the caramelised clementine slices and their syrupy juices.

Cook's Tip: You can substitute oranges for clementines if preferred.

WHAT'S NEW IN THE CITY

The Luxe Dining Edit

Weekends were made for culinary adventures. Whether it's tracking down the city's best-hidden brunch spot or dressing up for a highly anticipated dinner reservation, dining out is the ultimate weekend ritual. It's the perfect time to step out of our routine, try bold new flavors, and turn a simple meal into an experience.



Taj Coromandel, Chennai

Golden Dragon, the legendary Cantonese and Sichuan destination at Taj Coromandel, is redefining weekday dining with the launch of Dragon Bowls. Running until June 30, this specially curated culinary experience packages the deeply comforting, authentic flavors of Asia into a contemporary, well-balanced format designed perfectly for today's fast-paced lifestyles.

The inspiration behind the festival is rooted in the timeless Cantonese philosophy of harmony, a delicate balancing act of color, texture, flavor, and temperature. Far from a standard quick lunch, each bowl is crafted as a wholesome, standalone culinary journey using premium ingredients and traditional wok techniques.

The menu offers a striking balance of robust meats and vibrant vegetarian options, each completed with a signature crunch of crispy wonton strips, toasted sesame, fresh scallions, and Golden Dragon's house-made chili crisp. Emperor's Fried Rice Bowl (Fragrant jasmine rice tossed with wok-seared prawns, finished with a rich drizzle of chili garlic oil and a delicately cooked, soft egg), Silk Route Noodle Bowl (A comforting bowl of flat wheat noodles submerged in a fragrant Sichuan pepper broth, paired with slow-braised pork and crisp bok choy), Clay Pot Treasures Bowl (A theatrical delight featuring layers of sticky rice, shiitake mushrooms, and soy-glazed chicken, finished tableside with hot oil that releases a signature, aromatic crackle), Jade Garden Bowl (Vegetarian) (A nourishing, clean-eating option bringing together edamame, lotus root, water chestnut, and tofu in a delicate ginger-sesame broth over wholesome brown rice) Fire Dragon Bowl (For those who crave heat, this bowl features your choice of Mala chicken or Mapo tofu resting on fragrant scallion rice, perfectly balanced by cooling pickled cucumbers).

To elevate the experience, each bowl is thoughtfully completed with a medley of textures. The addition of crispy wonton strips, toasted sesame, fresh scallions, and

Golden Dragon's house-made chili crisp adds depth and character to every single bite.

Quick facts

Location: Golden Dragon, Taj Coromandel, Chennai

Dates: Available until June 30 (Monday to Friday)

Timings: Lunch and Dinner

Format: A La Carte

Reservations: Please call +91 44 6600 2827 or +91 78248 62310 for more details and table reservations.



Dessert Therapy Kitchen (Mumbai)

There is a distinct kind of magic in watching a culinary dream grow. Back in 2016, a tiny home kitchen flickered to life in Mumbai. Armed with an investment of just ₹10,000, a passion for sugar, and an unyielding commitment to flavor, it quietly set out to sweeten the city.

Fast forward through a decade of sweet successes, and that humble setup has blossomed into one of Mumbai's most beloved premium dessert empires. Having already conquered the hearts of sweet-toothed locals across Malad, Juhu, Bandra, Fort, and Ghatkopar since opening its first brick-and-mortar storefront in 2020, the brand is ready to write its most delicious chapter yet. Welcome to Dessert Therapy Kitchen in Oshiwara, the brand's sixth and largest outlet, where the therapy officially extends far beyond the dessert platter.

At Dessert Therapy Kitchen, the food menu is casual, vibrant, and distinctly global, offering the kind of comfort that perfectly complements its dessert-first identity. The meal kicks off with vibrant small plates like the inherently craveable peri peri crispy potatoes or a sophisticated, creamy burrata paired with smoky muhammara and a charred corn salsa. For a lighter, breezy lunch, guests can choose from an array of artisanal four-cheese sandwiches, packed Mexican wraps, or fresh, texturally perfect avocado toasts. When you want a meal to linger over, the kitchen delivers soulful bowls of caramelized onion rigatoni, velvety truffle butter spaghetti loaded with mushrooms, and a deeply comforting house ramen featuring a rich miso broth and silken tofu.

No café experience is complete without a stellar beverage program, and the lineup in Oshiwara is meticulously designed to bridge the gap between food and dessert.

For the traditionalists, flawlessly pulled cappuccinos and warm hazelnut lattes provide a sophisticated contrast to the savory mains. But if you're looking to lean entirely into the indulgence, the menu boasts show-stopping creations like the caramelized Biscoff frappe, a velvety tiramisu latte, and a whimsical, rich strawberry cheesecake shake.

Quick Facts

Location: Shop 7, Bharat Autovistas, Opposite Windmere Society, Off Link Road, Oshiwara, Andheri West, Mumbai

Timings: 8:00 AM to 1:00 AM (All Day Dining)

Reservations & Queries: Please call +91 91520 12323 for table bookings



Zyqa, Kolkata

There is a comforting predictability to Indian comfort food. We know exactly how a street-side phuchka will shatter against the palate, how a slow-cooked dal will coat the back of a spoon, and how the rich, smoky sweetness of nolen gur warms you from the inside out. These culinary anchors don't change.

But at Zyqa, hidden away on the first floor of the chic Aauris Hotel on Robinson Street, they aren't trying to change these flavors. They are simply changing the way you look at them.

Derived from the word Zaiqa, meaning taste, Zyqa has quietly built a reputation in Kolkata for redefining contemporary Indian dining. With the launch of their thoughtfully expanded new menu, they've managed a rare culinary tightrope act, staying fiercely rooted in regional inspirations while presenting them through a playful, modern lens.

To understand Zyqa's philosophy, you only have to look at the opening act of their menu. Street food is sacred in Kolkata, yet the kitchen introduces the signature ZYQA Phuchka without a hint of hesitation.

Instead of the usual spiced potato mixture, this beloved classic is hollowed out and filled with rich, creamy avocado, molecular dahi (yogurt), a bright pop of orange caviar, and a sharp splash of traditional tamarind. It shatters with the same satisfying crunch, but the texture profile is completely elevated, moving from creamy to tart in a single bite.

The playfulness doesn't stop there. The Rajasthani Dahi Vada features incredibly soft lentil dumplings that hold their own against a vibrant canvas of sweet, spicy, and tangy chutneys topped with roasted cumin. For a crispier texture, tables are filled with towering Roomali Papads and inventive Naan Tacos, alongside the velvety Malai Broccoli, skewered and grilled to charred perfection in a rich coat of spiced yogurt and cheese.

As the meal transitions into the main course, the playful modernism gracefully yields to robust, time-honored techniques. The kitchen's North Indian and Lucknowi heritage takes center stage, dominated by the fragrant smoke of the clay oven.

The standout showstopper here is the celebratory Raan-e-ZYQA, a magnificent whole leg of mutton that is slow-cooked over hours until the meat renders completely tender, before receiving a final, smoky kiss of heat in the tandoor.

Even amidst spectacular mutton delicacies and fragrant Jhinga Biryani, the humble Zyqa Dal Bukhara remains the undisputed king of the table. It is slow-simmered, rich, and intensely creamy, the kind of house specialty that regulars order before

they even look at the menu.

For seafood lovers, the Tawa Fish delivers a beautifully seared fillet coated in a thick, traditional brown gravy that begs to be swept up with a piece of hot buttered naan. Even the vegetarian mains are treated with the same depth of character; the Saag Paneer features silken cubes of paneer simmered in a heavily spiced spinach gravy, while the Miloni Sabzi pairs seasonal vegetables with an unexpected crunch of fresh iceberg lettuce.

What makes the dining experience at Zyqa feel like a cohesive story is how the beverage program actively speaks to the food. The mixologists have looked back at childhood flavor profiles and infused them into sophisticated craft drinks.

If you are skipping the spirits, the mocktail selection leans heavily into regional refreshing staples, offering a tart Tetuler Shikanji (tamarind cooler), a velvety Daab Lassi made with tender coconut, and a vibrant Masala Aam that tastes like absolute sunshine.

No true meal in Kolkata can finish without a nod to the city's legendary sweet tooth. Zyqa closes its narrative by leaning straight into nostalgia and regional pride.

You can opt for the colorful, childhood joy of a Tutti Frutti Sundae, but the table favorite is invariably the Nolen Gur Ice Cream. Crafted using rich date palm jaggery, it is deep, earthy, and distinctly Bengali—providing the perfect, satisfying conclusion to an evening of culinary craftsmanship.

Quick facts

Where: 1st Floor, Aauris Hotel, 4, Robinson St, Mullick Bazar, Park Street area, Kolkata, West Bengal 700017

Hours: 12:00 PM to 11:00 PM daily

Cost for Two: Approximately ₹1,500

Table Bookings: 033-40351026



Dave & Buster, New Delhi

There is a shift happening in how we hang out. The modern night out is no longer just about sitting across a table checking your phone, nor is it strictly about shouting over loud music at a bar. We want action. We want shared memories. And above all, we want to play. Enter Dave & Buster's India.

Marking its highly anticipated third footprint in the country following wildly successful launches in Mumbai and Bengaluru, the brand has officially brought its signature universe of social entertainment to Delhi. Nestled within the bustling hub of Pacific Mall, Tagore Garden, this sprawling, large-format playground seamlessly bridges the gap between high-octane gaming, casual dining, and a world-class nightlife experience. The core philosophy- Eat, drink, play, watch great sports, and honestly, just stay awhile.

Dave & Buster's Delhi isn't just an eatery; it's a multi-sensory circuit designed to shift gears as your day progresses. During the morning and afternoon, it functions as an energetic, easy-going haven for families and friend groups. As dusk falls, the lighting shifts, the music ramps up, and it transforms into a high-octane nightlife destination.

The main floor is a gamer's paradise, boasting a massive arcade floor with over 40 titles ranging from nostalgic competitive classics to cutting-edge immersive virtual reality experiences.

But the undisputed crown jewel of the entertainment wing is India's very first Nitro Bowling with Spark technology. This isn't your traditional dimly lit alley; Spark technology layers augmented reality graphics directly onto the lanes, tracking your ball and turning every frame into an interactive, visually stunning spectacle.

All that button-mashing and lane-striking works up a massive appetite, and the culinary team at Dave & Buster's has built a menu specifically designed to refuel groups. Instead of sticking to standard bar bites, the kitchen rolls out an expansive global menu stretching across American comfort food, vibrant Asian plates, Mexican classics, Continental staples, and local Indian favorites. Start your culinary journey with crunch and spice. The table favorites are quickly becoming the Thai Crispy Corn, Atomic Chili Paneer, and smoky Mexican Chicken Skewers. For the main event, the menu features artisanal flatbreads, thick-stacked smashed burgers, velvety, ultra-creamy pastas, and robust continental platters. Win or lose on the arcade floor, everyone wins at dessert. Save room for the incredibly nostalgic S'mores Chocolate Cheesecake, a classic, coffee-soaked Tiramisu, or a warm, fudgy Chocolate Brownie.

A true Dave & Buster's experience lives and dies by its beverage program, and the Delhi outpost

delivers a stellar lineup. Whether you're settling in front of their massive screens for a high-stakes live sports match or celebrating a late-night birthday, the bar serves a playful, inventive mix of spirits.

For those keeping things alcohol-free, the menu features beautifully crafted mocktails like Black & White and Blueberry Drift, ensuring no one is left out of the toast.

Quick Facts

Where: Pacific Mall, Tagore Garden, New Delhi

Timings: 11:00 AM to 12:00 AM (Daily)



INTERVIEW

“This is the Phase I Dreamed of”

Mona Singh

By Srabanti Chakrabarti

Actress Mona Singh, who shot to fame with her debut show *Jassi Jaissi Koi Nahin*, has carved a successful niche for herself across television, films, and OTT platforms. Over the years, she has continued to remain a prominent and versatile presence in the entertainment industry through fiction shows, reality programmes, and hosting assignments. In an interaction with *Expresso Magazine*, Mona opens up about her evolving journey from television to films and now the digital space.

Can this phase be called the magic phase of your career?

Mona Singh: So far, definitely yes. I honestly had no idea that all the projects I worked on would release one after another. I believe every show has its own timing and destiny. But I'm very happy with everything that's happening right now. The people around me are celebrating just as much because they feel my success is theirs too. They have witnessed my journey from the early days of *Jassi Jaissi Koi Nahin* till now. In my forties, I'm exploring new avenues - films, OTT, everything. This phase feels extremely fulfilling, and it's exactly what I had hoped and dreamed of.

A lot of success depends on the right selection of roles. Do you do this yourself?

Mona Singh: Honestly, I would say myself. I listen to everyone, but the final decision is always mine. This is my career, and my choices matter. The scripts that truly move me, the ones that keep me thinking all night about whether I can do them and how I will approach them, excite me the most. The roles that scare me are also the ones that challenge me the most. That's when courage becomes more important than self-doubt or fear.

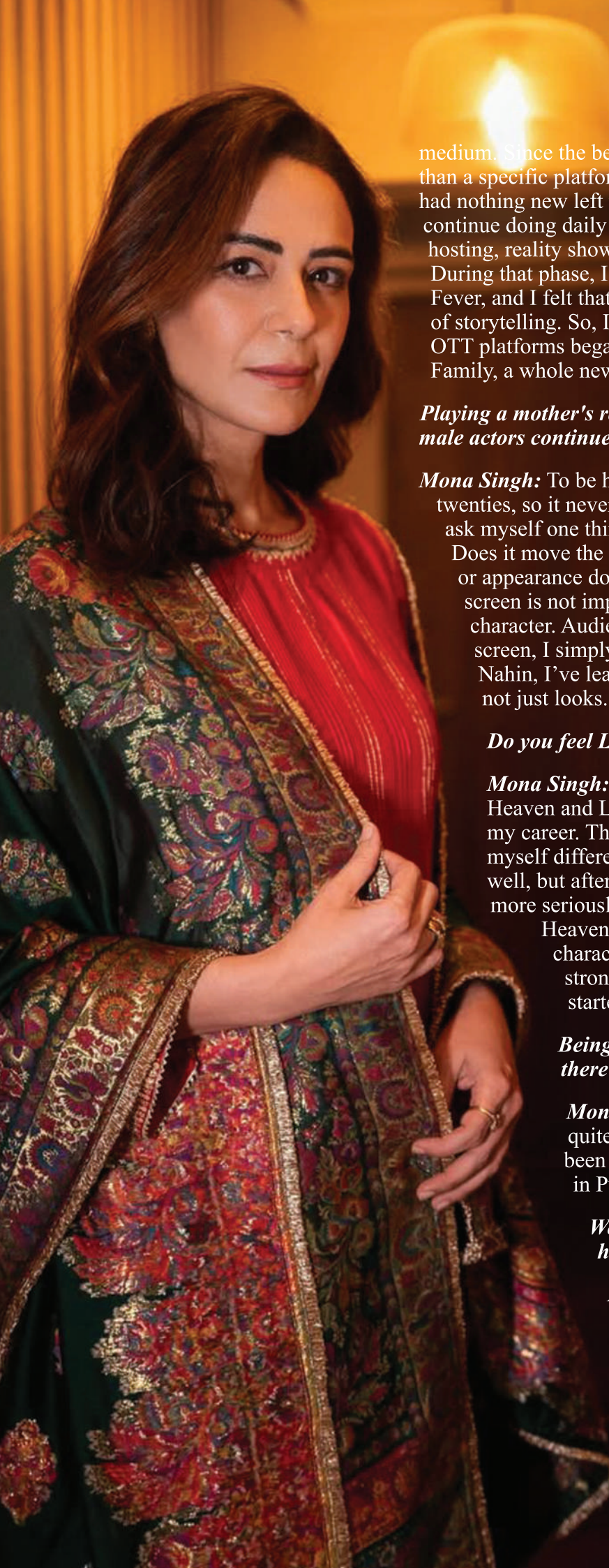
Did you ever feel there was a phase when you weren't getting enough attention or good offers?

Mona Singh: Life isn't just about work; it's meant to be lived fully. I travelled, even considered starting a restaurant, and spent quality time with my family -my parents and my sister, who lives abroad. I also explored adventure sports like bungee jumping and deep-sea diving. So when acting offers became fewer, I wasn't sitting at home feeling low. I was never comfortable doing the same kind of work just for money. Waiting can be difficult, and at times, you do question your decisions. But trusting yourself and your journey is important. That's what eventually leads to days like these.

Why did you take a break from TV?

Mona Singh: I've never looked down upon any





medium. Since the beginning, I've always chased good work rather than a specific platform. I took a break from television because I felt I had nothing new left to offer there. After a point, how long can one continue doing daily soaps? I had already explored everything—hosting, reality shows, acting, and even cameos. Growth is important. During that phase, I started watching YouTube shows by The Viral Fever, and I felt that this was something fresh and exciting in terms of storytelling. So, I waited for the right opportunity. Around 2017, OTT platforms began to grow, and with projects like *Yeh Meri Family*, a whole new chapter began for me.

Playing a mother's role in your forties is too early. Especially when male actors continue as leads even in their sixties ...

Mona Singh: To be honest, I've been playing maternal roles since my twenties, so it never really bothered me. Whenever I take up a role, I ask myself one thing: does this character contribute to the story? Does it move the narrative forward? If the answer is yes, then age or appearance doesn't matter to me. Whether I look 'beautiful' on screen is not important—what matters is doing justice to the character. Audiences already know how I look in real life. On screen, I simply want to live the character. Since *Jassi Jaissi Koi Nahin*, I've learned that this industry ultimately runs on talent, not just looks.

Do you feel Laal Singh Chaddha was the turning point ?

Mona Singh: When I look back, I strongly feel that *Made in Heaven* and *Laal Singh Chaddha* were major turning points in my career. These projects gave me the opportunity to present myself differently as an actor. I had done many roles earlier as well, but after these projects, the industry began to view me more seriously and from a fresh perspective. In *Made in Heaven*, I got the chance to portray layered and complex characters, while in *Laal Singh Chaddha*, my role left a strong impact on audiences. After that, filmmakers started seeing me beyond just glamorous roles.

Being a Punjabi are you looking forward to work there?

Mona Singh: Yes, discussions have been going on for quite some time. However, scheduling conflicts have been a challenge. But I would definitely love to work in Punjabi films.

We see a different Mona in last couple of years, how?

Mona Singh: That happened because of my inclination towards yoga. Earlier, I used to wear *Anarkali* dresses whenever I stepped out, but now I want to experiment more with my looks and style. The more confident I feel from within, the better my personality reflects outwardly.

LOUIS STITCH



Heartcrafted Shoes, Made With Love!



www.louisstitch.com

Gurgaon

Ardee Mall
MGF Mall
DLF Mega Mall

Delhi

Lajpat Nagar
Karol Bagh
Paschim Vihar

Ghaziabad

Mahagun Mall

Noida

G.I.P Mall

Customer Delight no/. +91-7827832027

Fertility and Breast Cancer: Why Young Women Need These Conversations Before Treatment Begins

By Dr. Niharika Garach

For many young women, a breast cancer diagnosis does not just interrupt life, it suddenly reshapes every vision they once had for the future. In the middle of medical scans, treatment plans, surgeries, and chemotherapy schedules, another fear often emerges quietly but powerfully, Will I still be able to have children after this?

In recent years, breast cancer survival rates among younger patients have improved significantly due to advancements in early diagnosis and treatment. As a result, conversations around fertility are no longer considered secondary concerns. They have become a crucial part of comprehensive cancer

care. Today, oncologists are increasingly recognizing that treating cancer is not only about saving lives, but also about protecting the quality of life patients hope to return to after treatment.

Yet despite growing awareness, fertility discussions are still delayed for many women. Some patients are unaware that treatment can affect their reproductive health, while others are never informed that there may be options available before therapy begins. Experts believe this gap in communication needs urgent attention.

How Breast Cancer Treatment Can Affect Fertility

Breast cancer treatment can impact fertility in several different ways, depending on the patient's age, cancer type, treatment intensity, and overall reproductive health.

Chemotherapy, one of the most common treatment approaches, can damage the ovaries by reducing ovarian reserve, the number and quality of eggs remaining in the body. In some women, ovarian function may recover after treatment, while in others, the effects may be long-term or permanent.

Hormonal or endocrine therapy, which is frequently prescribed for hormone receptor-positive breast cancers, can also affect family planning. These medications are often recommended for five to ten years, delaying pregnancy timelines significantly during a patient's reproductive years.

In some cases, treatment may induce temporary or permanent menopause. Younger patients generally have a higher chance of regaining ovarian function after therapy, but outcomes vary widely from person to person.

Importantly, fertility outcomes cannot be predicted based on age alone. Two women of similar age may respond very differently to the same treatment. Factors such as baseline ovarian health, cancer subtype, and the exact chemotherapy



regimen all influence future fertility potential.

This is why specialists strongly emphasize discussing fertility preservation before treatment starts.

The Importance of Early Fertility Discussions

One of the biggest challenges in cancer-related fertility care is timing.

After diagnosis, treatment often begins quickly to avoid delaying cancer management. However, there is usually a small but critical window between diagnosis and the start of therapy where fertility preservation strategies can still be considered safely.

This short period can make an enormous difference. If fertility conversations happen early, patients may have time to explore preservation options without significantly affecting cancer treatment timelines. But when these discussions are delayed until after chemotherapy or surgery, some choices may no longer be possible.

According to experts, fertility counseling should be considered a routine part of cancer care for young patients. Early information allows women to make informed decisions about their future rather than facing regret later.

Understanding Fertility Preservation Options

There is no single fertility preservation method suitable for every patient. The ideal approach depends on medical urgency, age, ovarian reserve, cancer type, and personal priorities.

Egg Freezing (Oocyte Cryopreservation)

Egg freezing is currently one of the most widely used fertility preservation techniques for young breast cancer patients.

In this process, the ovaries are hormonally stimulated

to produce multiple eggs, which are then retrieved and frozen for future use. Advances in cryopreservation technology have significantly improved success rates over the past decade, making this a preferred option for many women.

However, the process requires careful coordination with the oncology team because timing is important before chemotherapy begins.

Ovarian Suppression During Chemotherapy

Another approach sometimes used involves medications that temporarily suppress ovarian function during chemotherapy. The goal is to reduce ovarian damage caused by cancer drugs.

While ovarian suppression may help preserve ovarian activity in certain patients, it is not considered a guaranteed fertility preservation method and is usually discussed alongside other options.

Emerging and Individualized Techniques

In select cases, additional fertility preservation strategies may be considered based on the patient's medical condition and available timelines. Since every diagnosis is unique, fertility planning must always be individualized and guided by reproductive specialists.

Egg Freezing: Understanding the Reality Behind the Promise

Although egg freezing offers hope and flexibility, specialists caution against viewing it as a guaranteed insurance policy for future pregnancy.

The success of egg freezing depends on several important factors, including the woman's age at the time of egg retrieval, the number of eggs successfully frozen, the quality of those eggs, and her overall reproductive health.



Generally, younger patients tend to have better outcomes because egg quality naturally declines with age. However, even with advances in reproductive medicine, there are no absolute guarantees regarding future conception or successful pregnancy.

This is why realistic counseling is essential. Fertility experts help patients understand not only the benefits of egg freezing, but also its limitations, costs, timelines, and expected success rates.

Pregnancy After Breast Cancer: Is It Safe?

For many survivors, one of the most emotional concerns is whether pregnancy after breast cancer could increase the risk of recurrence.

Research over the years has shown that in many cases, pregnancy after breast cancer is both possible and medically safe when carefully planned under expert supervision. However, timing is extremely important.

Several factors play an important role in pregnancy planning after breast cancer, including the type and stage of the cancer, hormone receptor status, the patient's current treatment condition, ongoing endocrine therapy, and overall health and recovery after treatment.

Some women may need to complete several years of hormonal therapy before attempting pregnancy. In certain carefully selected cases, treatment may be temporarily paused under strict medical monitoring to allow conception.

Because these decisions involve both cancer safety and reproductive health, they require close collaboration between oncologists, fertility experts, and the patient herself.

The Emotional Side of Fertility and Cancer

Fertility concerns during cancer treatment are not only medical, they are deeply emotional.

For many young women, the possibility of losing fertility can feel like losing a future they had imagined for themselves. Feelings of anxiety, grief, uncertainty, and isolation are common, especially when treatment decisions need to be made quickly.

Unfortunately, many patients hesitate to bring up fertility concerns because they fear it may seem less important compared to surviving cancer. But experts stress that these concerns are valid and deserve equal attention.

Holistic cancer care today increasingly includes emotional support, counseling, and fertility guidance because survivorship is about more than remission alone.

The Bigger Gap: Conversations That Happen Too Late

Despite major advances in oncology and reproductive medicine, fertility discussions still do not happen early enough for many patients.

Sometimes the urgency of treatment overshadows future concerns. In other cases, lack of awareness prevents patients from asking the right questions at the right time.

This delay can leave women feeling unprepared and powerless later in their survivorship journey.

Healthcare professionals believe that fertility counseling should become a standard part of breast cancer care for all young patients at diagnosis. Even if a patient ultimately decides against preservation, having the information early empowers her to make an informed choice.

Modern cancer care is evolving rapidly. The focus is no longer limited to eliminating disease; it also includes protecting long-term well-being, emotional health, relationships, and future life goals.

Fertility and breast cancer are not part of a one-size-fits-all journey. Every patient's diagnosis, treatment plan, and personal priorities are different. What matters most is timely communication, access to the right specialists, and informed decision-making from the very beginning. Because while cancer treatment is designed to save lives, truly compassionate cancer care also protects the possibility of how those lives will be lived in the years ahead.





Crime, Chaos And Women Who Refuse To Be Judged

By Rituparna Sengupta

Rating : 3.5/5

Director: Suresh Triveni

Cast: Madhuri Dixit, Ravi Kishan , Triptii Dimri , Dharna Durga, Arunoday Singh

Director Suresh Triveni returns with yet another unconventional story in *Maa Behen*, a dark crime-comedy that cleverly blends humour, family drama and social commentary into a thoroughly entertaining watch. Headlined by Madhuri Dixit, Triptii Dimri and newcomer Dharna Durga, the film explores the complicated lives of three women forced into an extraordinary situation while navigating society's constant scrutiny.

Set against the backdrop of a conservative North Indian neighbourhood called Adarsh Colony, the story revolves around Rekha, played by Madhuri Dixit, a glamorous single mother who has spent years living under the watchful eyes and judgement of her neighbours. The film kicks off with chaos when Rekha makes a frantic late-night phone call to her two daughters, Jaya and Sushma, urgently asking them to come home immediately after discovering the dead body of her intrusive neighbour Guptaji inside her house.

Jaya, played by Triptii Dimri, and Sushma, portrayed by Dharna Durga, have long been estranged and barely tolerate each other. Reluctantly reuniting under bizarre circumstances, the sisters arrive home only to find themselves pulled into an increasingly absurd attempt to deal with a crime scene that none of them know how to handle. As the three women desperately try to manage the situation, the story slowly reveals a twist none of them saw coming, pushing the narrative into even more unpredictable territory.

What makes *Maa Behen* stand out is how director Suresh Triveni and writer Pooja Tolani use comedy not merely for entertainment but as a vehicle to dissect society's deeply ingrained discomfort with women who choose to live life on their own terms. The film shines a spotlight on how independent women, particularly those living without male figures around them, are often viewed with suspicion and subjected to relentless judgement.

Interestingly, Madhuri Dixit's character Rekha evokes immediate comparisons to veteran actress Rekha, with subtle nods seemingly referencing decades of public gossip and speculation surrounding the legendary star's personal life. The film quietly asks an uncomfortable but necessary question, why does society struggle so much to accept women who thrive independently without male validation?

Rather than turning itself into a tragedy about victimhood, *Maa Behen* takes a refreshing route. The women at the centre of the story refuse to surrender to misery. Even while confronting danger, chaos and deeply personal emotional wounds, they choose laughter, glamour and resilience. The film strongly rejects the outdated belief that if a woman is not fragile or submissive, she must automatically be labelled dangerous, manipulative or morally questionable.

One of the film's most striking observations comes through the everyday harassment Rekha endures from her neighbours. Outside her bungalow,



offensive graffiti carrying taunts such as “Rekha ka Dekha?” appear on the walls, casually reminding audiences how society normalises public humiliation of women perceived as unconventional. Despite the constant harassment, Rekha has learned that smiling through such cruelty has become necessary simply to survive within the community.

At its heart, *Maa Behen* is a story about society’s deep discomfort with women existing freely without men controlling or defining their choices. Much of the film unfolds inside an old but spacious family home, yet the limited setting never feels restrictive because the dynamic between its three central women keeps the narrative alive with constant energy. The chemistry shared between Madhuri Dixit, Triptii Dimri and Dharna Durga becomes the film’s biggest strength.

Their interactions feel wonderfully chaotic, messy and deeply authentic. The effortless camaraderie recalls the female ensemble chemistry audiences loved in *Crew*. The comedy lands beautifully, but what truly elevates the film are its quieter emotional beats where buried resentment, unresolved family trauma and grief slowly come to the surface.

The supporting cast also receives meaningful space to shine. Mrs Gupta, played brilliantly by Geetanjali Kulkarni, brings surprising emotional depth to the narrative, adding another compelling layer to the story.

As expected, Madhuri Dixit commands attention in every frame. Perfectly cast as Rekha, she brings charm, vulnerability and exceptional comic timing to the role. Looking effortlessly elegant throughout the film, she also handles the North Indian dialect convincingly, making the character instantly memorable.

Triptii Dimri once again proves why she is increasingly becoming one of the most exciting acting talents working today. Her portrayal of Jaya, the fiercely protective daughter burdened with constantly defending her mother’s unconventional choices while simultaneously trying to hold her fractured family together, adds emotional weight to the film.

Making her acting debut, Dharna Durga confidently steps into a challenging role and manages to hold her own despite sharing screen space with two accomplished performers. Her performance feels natural and promising,

marking an impressive start.

Veteran actor Ravi Kishan, despite limited screen time, leaves a strong impression with his commanding presence as Guptaji.

Narratively, *Maa Behen* starts on a strong note and remains engaging for most of its runtime. However, the screenplay does lose momentum midway as certain portions begin to feel repetitive. Thankfully, the film regains control in the latter half and builds toward a powerful and emotionally satisfying climax.

The final sequence, in particular, leaves a lasting impact long after the credits begin rolling, tying together the film’s larger message with emotional precision.

Ultimately, *Maa Behen* is far more than a conventional crime-comedy. It has no interest in reforming society’s self-appointed moral guardians or teaching misogynistic communities how to behave better. Instead, it offers women something far simpler, freedom from caring.

Its message is clear, if society insists on labelling women as “chaalu,” “chhichori,” or worse simply for living life on their own terms, then the answer is simple, wear that lipstick, drape that sari, live unapologetically and carry on anyway.

Maa Behen succeeds as both an entertaining thriller and a sharp social commentary, reminding audiences that women do not need society’s approval to exist freely.





AVAMA
JEWELLERS

Expresso

E-Magazine

Fashion & Entertainment Based E-Magazine

Social Media Handle :  @expressomagazine  expresso-magazine  ExpressoMagazine1

Website : www.expressomagazine.com